

Mediterranean Olive and Tomato Chicken Skillet

A flavorful Mediterranean-inspired chicken dish featuring briny olives, sun-dried tomatoes, and fresh herbs. Perfect for a quick and satisfying meal packed with vibrant, healthy ingredients.



Main Dish

Mediterranean

25 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 chicken breast
- 10 pitted green olives, sliced
- 5 sun-dried tomatoes, chopped
- 1 garlic clove, minced
- 1/2 small onion, sliced
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Season the chicken breast with salt, pepper, and oregano.
- 3 Add chicken to the skillet and cook for 6-7 minutes per side until golden and cooked through.
- 4 Remove the chicken and set aside.
- 5 In the same skillet, add the onion and garlic, sauté until soft.
- 6 Add sun-dried tomatoes and olives, cook for 2-3 minutes.
- 7 Return the chicken to the skillet, spoon the olive and tomato mixture over it, and cook for 1 more minute.
- 8 Garnish with fresh parsley and serve warm.